

FUN RUN [VIRTUAL] 2021

FUN RUN MARCH 20-21

- BIKE RIDE WITH YOUR FAMILY
- HIKE WITH YOUR FAMILY
- WALK ON THE BEACH WITH YOUR FAMILY
- PLAY A SPORT WITH YOUR FAMILY
- WALK WITH YOUR FAMILY
- FAMILY DANCE PARTY
- YOGA WITH YOUR FAMILY
- PLAY TAG WITH YOUR FAMILY

TRAINING WEEK (OPTIONAL) MARCH 15-19

- CRUNCHES
- SIT UPS
- JUMPING JACKS
- PUSH UPS
- WALL PUSH UPS
- PLANKS
- RUN IN PLACE
- KNEE HIGHS

Log your exercise minutes on the "[Get Movin](#)" website OR track them below by writing the number of exercise minutes in each sun!

March 15	March 16	March 17	March 18	March 19	March 20	March 21

Visit the [Fun Run Website](#) for a list of all school and grade level incentives

Donate through March 28th 2021
All donations are tax-deductible & go directly to Soleado students through valuable programs and supplies.



<https://bit.ly/3sC4LBN>